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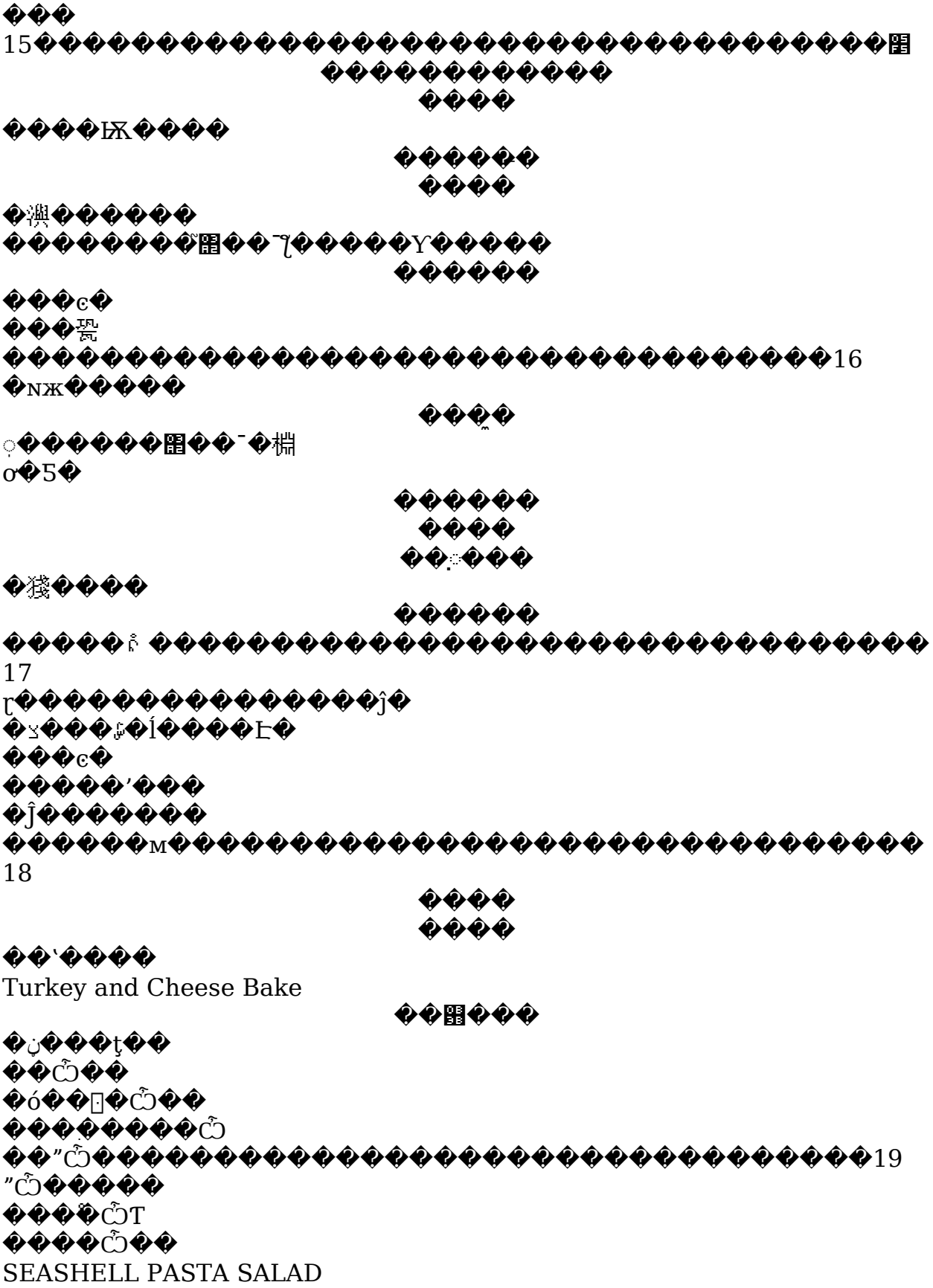

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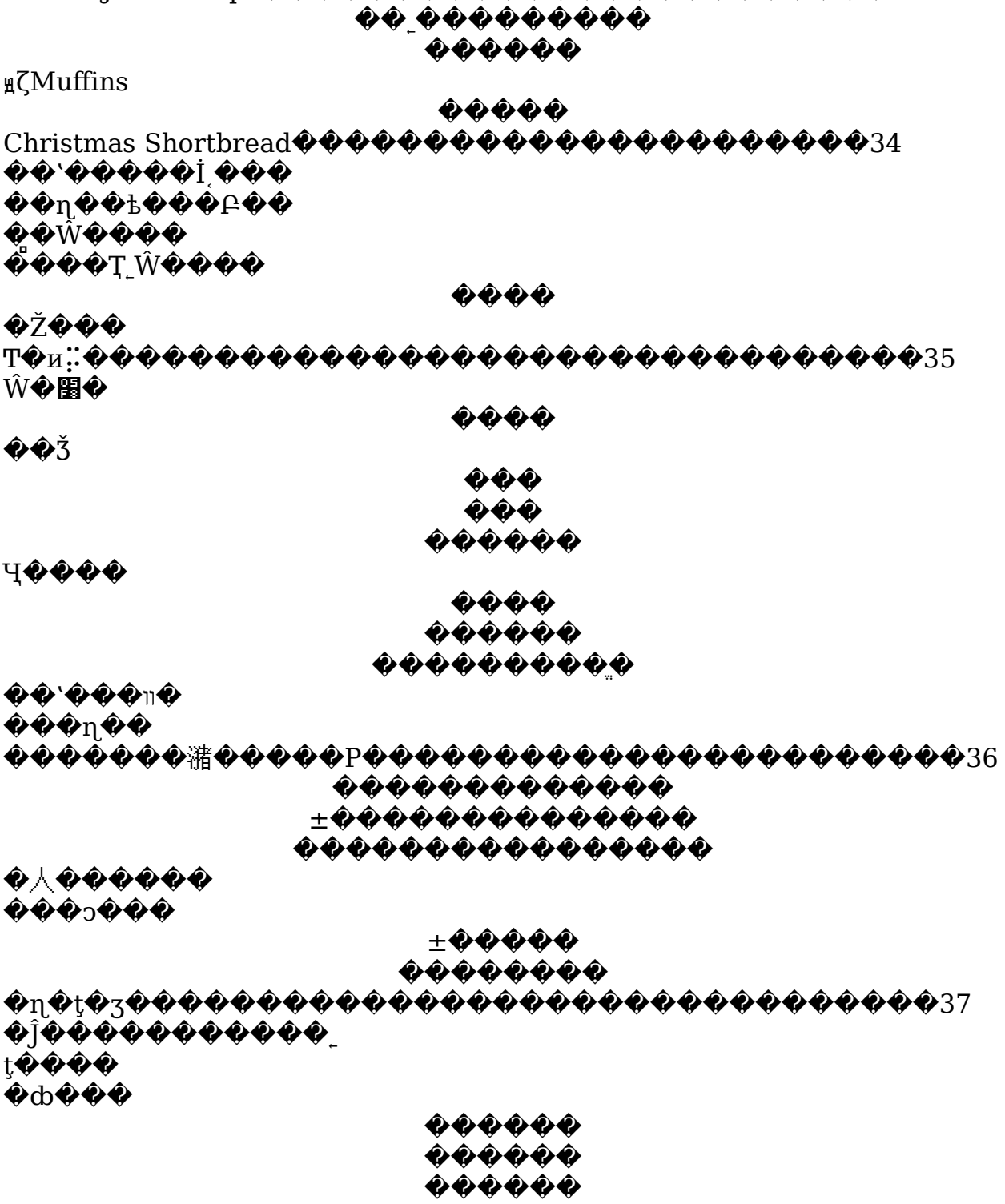
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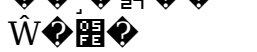

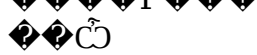

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3. Place the beef in a large bowl. Add the onion, garlic, salt, pepper, and the remaining 1 tablespoon olive oil. Toss to coat evenly.

4. Add the potatoes, carrots, and celery. Toss to coat evenly. Spread the mixture in an even layer in the pan.

5. Bake, stirring once halfway through, until the beef and vegetables are tender and the potatoes are lightly browned, about 1 hour 15 minutes.

6. Serve hot.

Notes

- Leftovers keep well in the refrigerator for 3 days.
- Substitute 1 pound of lamb stew meat for the beef.
- Add 1 cup of frozen peas in the last 5 minutes for color and sweetness.

Variations

- **Irish stew:** Add 1 cup of Guinness or stout with the broth.
- **Shepherd's pie:** Top the finished stew with mashed potatoes and broil 5 minutes.
- **Vegetarian:** Replace the beef with 2 cups of cubed tofu and add 1 cup of mushrooms.

Serve with

- Crusty bread
- Green salad
- Apple pie

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Turkey and Cheese Bake
4 cups frozen hash browns, thawed
10 oz. Frozen broccili florets, trawed

8 oz. Turkey light meat, skinless, cooked and cubed
¼ tsp salt
8 oz. Cheddar cheese, shredded

3 whole eggs

2/3 cup fat-free milk

1 ½ tsp salt

¼ tsp black pepper

►► Preheat oven to 375

►► Prepare a 2-puart casserole dish with cooking spray; set aside

►► In a mixing bowl, combine hash browns, broccoli florets, turkey, and ¼ teaspoon salt. Mix well.

►► Place half the mixture into prepared dish; top with half the cheese, remaining potato mixture, and remaining cheese, set aside

►► Meanwhile, combine eggs, milk, remaining salt, and black pepper. Mix well. Pour evenly over potato-broccoli mixture. Bake for 40 minutes, or until lightly browned around edges.

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SERVING►►
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28OZ►► CAN CUT TOMATOES►► DRAINED
2 MEDIUM CARROTS►► SLICED DIAGONALLY
1/2 RED BELL PEPPER►► CUBED
1/2 GREEN BELL PEPPER►► CUBED
1/3 GREEN ONIONS►► SLICED
2►►25 OZ►► CAN SLICED BLACK OLIVES►► DRAINED
1C►► ITALIAN DRESSING
1/4 C►► GRATED PARMESAN CHEESE
1/2 TBS SALT
1/4 TBS PEPPER
IN A LARGE BOWL►► STIR TOGETHER ALL INGREDIENTS UNTIL WELL MIXED►► COVER AND REGRIGERATE FOR 1 HOUR BEFORE SERVING►►
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1. BASIC YELLOW CAKE

2 1/2 cups all-purpse flour

3 teaspoons baking powder

1/4 teaspoon salt

1 ¼ cups sugar

¾ cup margarine or butter, softened

1 teaspoon vanilla extract

3 eggs, beaten

1 cup milk

350 F , 27-35 Minute, yield 2 8-inch cake pans.

1. combine dry gradients

2. beat sugar and butter until fluffy
3. add vanilla and eggs to 2 and blend well
4. add 1 to 4 and beat well
5. flour cake pan
2. Basic white cake
2 cups all-purpose flour
1 ½ cups sugars

3 teaspoon baking powder
½ teaspoon salt

1 cup milk
½ cup shortening
1 teaspoon vanilla extract

5 egg whites

350 F, 27-35 minutes, yield 2 9-inch cake pans

1. combine dry gradients with milk and shortening , beat at medium speed for 2 minutes,

2. add vanilla and egg whites to 1 and beat another 2 minutes

BEST NO-BAKE CHEESE CAKE

Ingredients

1 ½ cups cracker crumbs

1/3 cup packed brown sugar
½ teaspoon ground cinnamon
1/3 cup butter, melted
2 (8ounce) packages cream cheese
2 teaspoons lemon juice

1 pint heavy whipping cream

1/3 cup white sugar
1 (21 ounce) can cherry pie filling
(////Ƥ//ã//////CHEESE//TOPPING)
Direction
1 In a small bowl, stir together the graham cracker crumbs, brown sugar and cinnamon. Add melted butter and mix well. Press into the bottom of an 8 to 10 inch springform pan. Chill until firm.
2 In a small bowl, beat together the cream cheese and lemon juice until soft. Add whipping cream and beat with an electric mixer until batter becomes thick. Add the sugar and continue to beat until stiff. Pour into chilled crust, and top with pie filling. Chill several hours or overnight. Just before serving, remove the sides of the springform pan.
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3/4 CUP ALL PURPOSE FLOUR
3/4 CUP SUGAR
1 1/2 CUPS (ABOUT 12) EGG WHITES// ROOM TEMPERATURE
1 1/2 TEASPOON CREAM OF TARTAR
1/4 TEASPOON SALT
1 1/2 TEASPOON VANILLA EXTRACT
1/2 TEASPOON ALMOND EXTRACT
3/4 CUP SUGAR
PLACE RACK AT LOWEST POSITION// HEAT OVEN TO 375 F// IN SMALL BOWL// COMBINE FLOUR AND 3/4 CUP SUGAR// IN LARGE BOWL// BEAT EGG WHITE // CREAM OF TARTAR// SALT VANILLA AND ALMOND EXTRACT UNTIL MIXTURE FORMS SOFT PEAKS// GRADUALLY ADD 3/4 CUP SUGAR// BEATING ON HIGHEST SPEED UNTIL STIFF PEAKS FORM// SPOON FLOUR-SUGAR MIXTURE 1/4 CUP AT A TIME OVER BEATEN EGG WHITES// FOLD IN GENTLY JUST UNTIL BLENDED// POUR BATTER INTO UNGREASED 10-INCH TUBE

PAN►► WITH KNIFE►► CUT GENTLY THROUGH BATTER TO REMOVE LARGE AIR BUBBLES►►
BAKE AT 375f►► 30-40 MINUTES UNTIL GOLD BROWN►► IMMEDIATELY INVERT CAKE ONTO FUNNEL OR SOFT DRINK BOTTLE►►LET HANG UNTIL COMPLETELY COOL►► REMOVE COOLED CAKE FROM PAN►►
►►►RECIPE►►►

1 ts salt

Creamn 1/2 cup butter with 1/2 cup shortening. Gradually add 1 1/2 cups sugar , creaming well, at least 5 minutes.
Add 4 unbeaten eggs , beating 1 minute after each
coming 1 cup milk and 1 ts vanilla . Add alternately with the dry ingredients to creamed mixture. Blend well after each addition.
Turn one fouth of batter into 10-inch tube pan , well greased on the botton.
Drizzle with chocolate sauce, alternating layers of batter and sauce to make three layers of sauce with batter on top.
Bake at 350 for 70-80 minutes. Cool. Frost with Chocolate glaze .

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Chocolate sauce: melt 4 oz sweet chocolate with 2 tbs water over hot water. Remove from heat. Blend in 2 tbs cream.

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Chocolate glaze: melt 1 square chocolate, blend in 2 tbs butter, 2 tbs milk . Remove from heat. Add 1 cup powdered sugar, 1/4 ts vanilla and 1/8 ts salt , beat until smooth. Thing with cream if necessary.

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RECIPE

100 g
Cream Cheese 80 g
SUGAR 70 g
1
ALL-PURPOSE FLOUR 120 g
BAKING POWDER 1 TS
BAKING SODA 1/4 TS
LEMON EXTRACT 1/4 TS
SEMI-SWEET CHOCOLATE 4 OZ
MARGARINE SUGAR CREAM CHEESE
EGG LEMON EXTRACT
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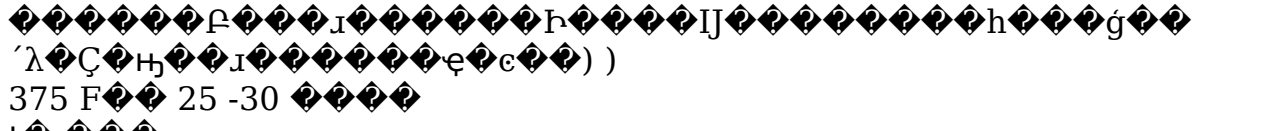
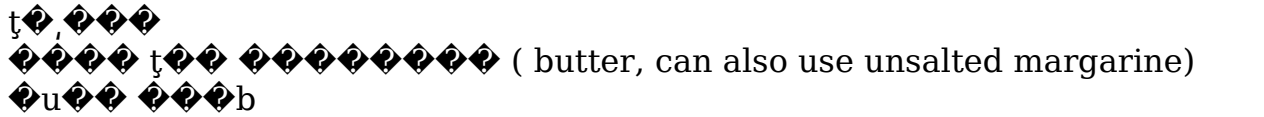
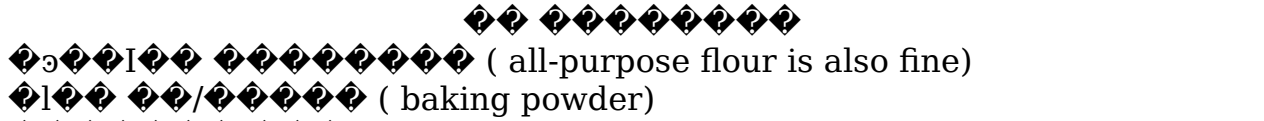
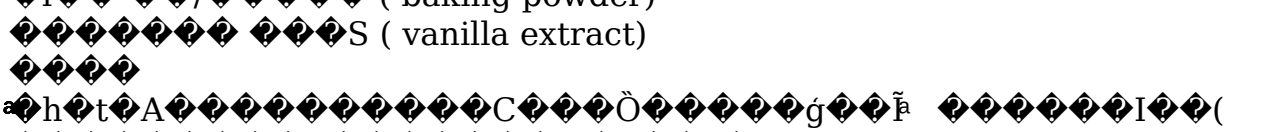
´λ ))

375 F  25 -30 

ţ 

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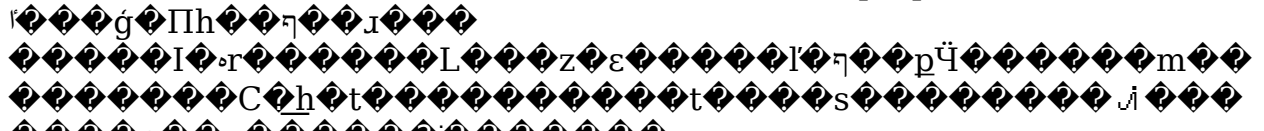
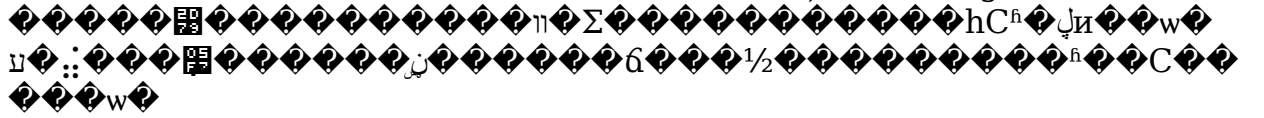
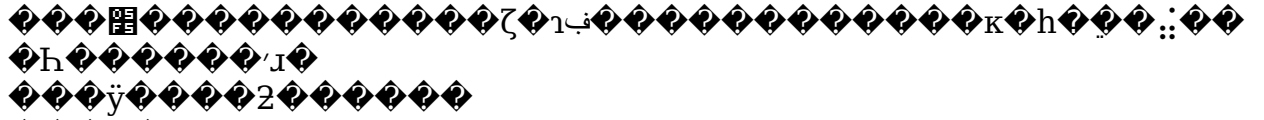
u  b

ɔ  I  (all-purpose flour is also fine)

l / (baking powder)

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1 CUP ALL PURPOSE FLOUR

1/2 TEASPOON SALT
1/3 CUP
SHORTENING(⿻⿻⿻⿻⿻⿻MARGARINE⿻⿻⿻⿻BUTTER⿻⿻⿻⿻⿻⿻⿻⿻)
2-4 TABLESPOON ICE WATER
COMBINE FLOUR AND SALT⿻⿻ USING A FORK CUT SHORTENING INTO FLOUR UNTIL MIXTURE RESEMBLES COARSE CRUMBS⿻⿻ SPRINKLE FLOUR MIXTURE WITH ICE WATER 1 TBS AT A TIME ⿻⿻ WHILE TOSSING AND MIXING UNTIL DOUGH IS MOISTURE ENOUGH TO FORM A BALL⿻⿻ PRESS SLIGHTLY TO HELP FORM THE BALL⿻⿻ PUT INTO FRIGE FOR 30 MINUTES⿻⿻ ROLL THE DOUGH INTO 11-INCH CIRCLE AND PLACE IN A 9 INCH PIE PAN⿻⿻ GENTLELY PRESS ⿻⿻ DO NOT SCRETCH⿻⿻
PUT INTO FRIGE FOR AT LEAST 30 MINUTES⿻⿻
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3 tablespoons all-purpose flour

2 1/2 teaspoons cinnamon
1/4 teaspoons ground cloves
1/8 teaspoons salt
8 cups sliced, peeled, cored Pippin or Granny Smith apples (about 7 medium)
1/4 cup melted butter
1 recipe, 2 disks, Basic Flaky Pie Crust Dough (see recipe)
Preheat oven to 375 degrees F. and position rack in bottom. Combine 1/2 cup sugar, brown sugar, flour, teaspoons cinnamon, cloves and salt in large bowl. Add apples and butter and toss well.
Roll 1 disk out on lightly floured surface to 12-inch round. Roll dough up on rolling pin and transfer to 9-inch Pyrex pie plate. Trim edges. Spoon filling evenly into crust, mounding slightly in center. Roll second disk out on lightly floured surface to 12 inch round. Roll up on rolling pin and transfer to top of apples.
Trim edges to 3/4 -inch overhang. Turn top edge under bottom. Crimp edges decoratively. Cut several slits in crust to allow steam to escape. Place pie on heavy baking sheet. Stir remaining 1 tablespoon sugar and 1/2 teaspoon cinnamon to combine in small bowl. Sprinkle over top of crust. Bake until pie is golden brown, juices bubble thickly in center and apples are tender, about 1 1/2 hours.

1 LB HAMBURGER

1/2 C ONION⬛⬛ CHOPPED
1 C CARROT⬛⬛ SHREDDED
1 1/2 CUP POTATO⬛⬛ SHREDDED
1 C BROCCOLI ⬛⬛CHOPPED
1/2 CELERY ⬛⬛ SLICED

1 TEASPOON SALT
1/4 TEASPOON PEPPER
1/2 TEASPOON SUGAR
1/4 C KETCHUP
1 C WATER
2 DRY MUSTARD

2 PIE CRUST PASTRIES

BROWN HAMBURGER A LITTLE►► ADD REMAINING INGREDIENTS►► EXPECT PASTRIES►► AND SIMMER FOR 20 MINUTES►► COOL SLIGHTLY AND PUT IN CRUST-LINED PIE PLATE►► COVER WITH TOP CRUST►► BAKE AT 425 FOR 45 MINUTES OR UNTIL BROWN►►

Banana Cream Pie

Ingredients

¾ cup white sugar

1/3 cup all-purpose flour

¼ teaspoon salt

2 cups milk

3 egg yolks, beaten
2 tablespoons butter

1 ¼ teaspoons vanilla extract

1 (9 inch) pie crust, baked

4 bananas, sliced

Direction

1 In a saucepan, combine the sugar, flour and salt. Add milk in gradually while stirring gently. Cook over medium heat, stirring constantly, until the mixture is bubbly. Keep stirring and cook for about 2 more minutes, and then remove from the burner.

2 Stir a small quantity of the hot mixture into the beaten egg yolks, and immediately add egg yolk mixture to the rest of the hot mixture. Cook for 2 more minutes; remember to keep stirring. Remove the mixture from the stove, and add butter and vanilla. Stir until the whole thing has a smooth consistency.

3 Slice bananas into the cooled baked pastry shell. Top with pudding mixture.

4 Bake at 350F for 12-15minutes. Chill for an hour.

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*********—Sweet pecan rolls

Bake at 375 for 15 minutes, then for 5 minutes (ʉ**є*ǰ**3**ḂAKE

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*******BAKE 15****ū*******麋*椿

Ȼ******ó*ˢGLAZE******BAKE 5 *****)

soften 3 ts instant yeast in 1/4 cup warm water,

combine 1/3 cup butter and 3/4 cup hot scalded milk in large mixing bowl ,
Cool to lukewarm
Add 1/3 cup sugar
2 ts salt
2 ts grated orange rind

2 unbeaten eggs and softened yeast

Add 4 to 4 1/2 cups sifted all-purpose flour gradually to form a stiff dough, beat well after each addition. Cover and let stand for 30 minutes.Prepare nut filling

Roll out to rectangle. Spread hald of the dough with filling. Fold uncovered dough over filling.

Cut into strips. Twist each as many times as desired and shape. Let rise in warm place until light and doubled. 45 to 60 minutes.

Bake at 375 for 15 minutes. Prepare glaze of 1/4 orange juice and 3 TBS sugar. Brush tops of rolls and bake 5 minutes.

Nut filling: cream 1/3 bup butter . Blend in 1 cup powderd sugar and 1 cup chopped pecans.(Other nuts may be substituted!)

Coffee parfait

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(1)” 4 OZ
(2)Unsalted butter 2 oz
(3)Sugar 1-1 1/2 Tablespoon
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(5) All-purpose flour 2oz h[illegible]Ƀ[illegible] (4) [illegible]襪[illegible]ţ[illegible] (6)
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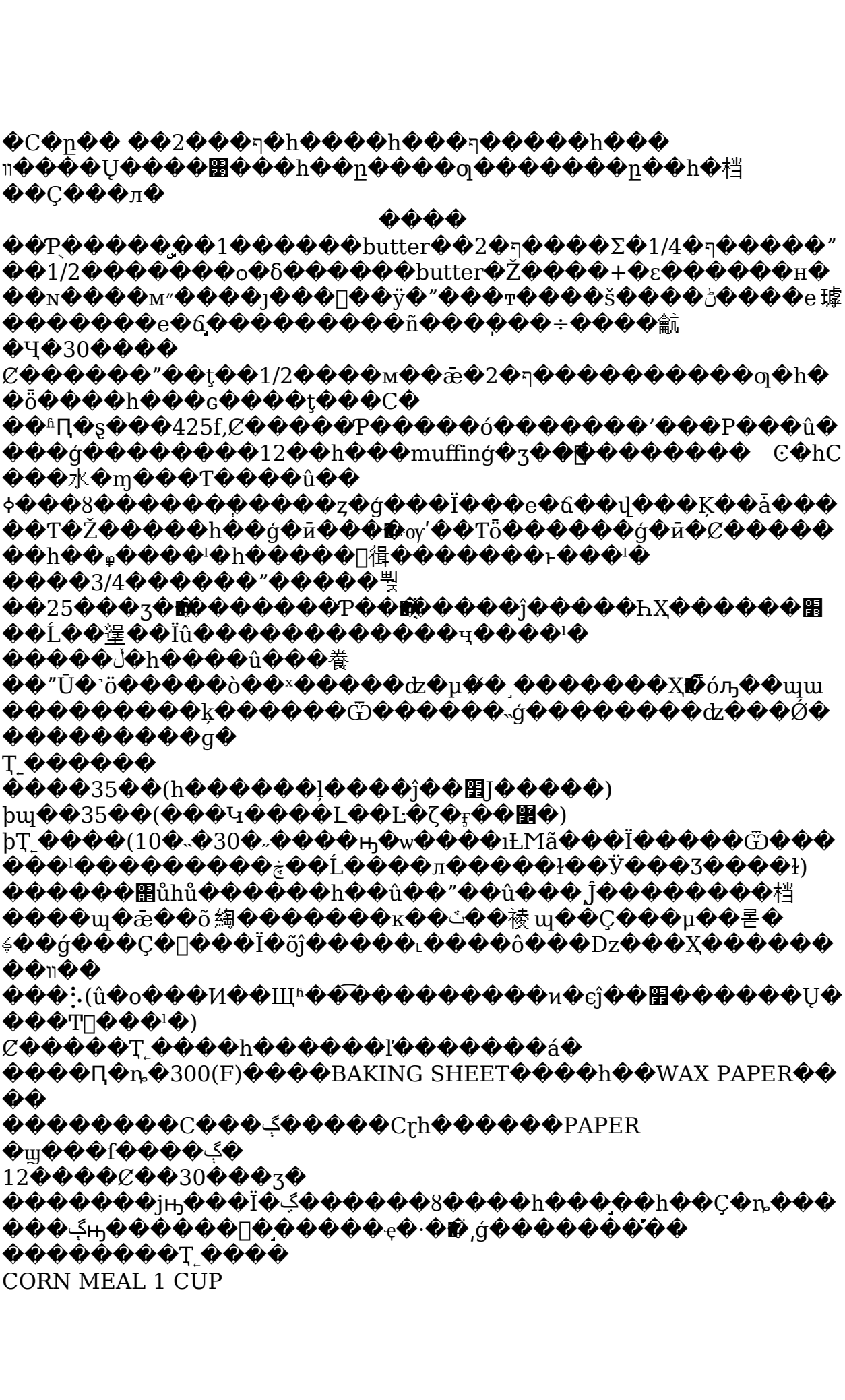

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BAKING SODA 1/4 TS
SALT 1/4 TS
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2 tablespoons milk

1 teaspoon vanilla extract (́́́́?́́)
1/2 teaspoon almond extract (́́́́?́́)
3 1/2 cups all-purpose flour
1 teaspoon baking powder (û́п́́́?́́)
Preheat oven to 375 degrees F. Using electric mixer, beat butter and sugar in large bowl. Add egg, milk, vanilla and almond extract; beat well. Stir together flour and baking powder; gradually add to butter mixture. Stir just until smooth dough forms. Do not chill.
Place dough into cookie press and press cookies onto ungreased cookie sheet. Bake until lightly browned around edges, about 10 minutes. Transfer cookies to rack and cool.
Peanut Jewel Drops
Bake at 375 for 8-10 minutes
1 1/4 cups all-purpose flour
1/4 ts baking soda
1/2 ts baking powder
1/2 cup unsalted butter
1/4 cup sugar
1/4 cup brown sugar
1/2 ts vanilla extract

1 large egg

Chocolate Morsels

peanuts

Preheat oven to 375 degrees F.

Combine flour, bp, bs and salt . Beat butter, sugar, brown sugar and vanilla extract until fluffy. Add egg and beat well. Beat in flour mixture. Stir in morsels and peanuts. Drop by rounded tablespoon onto ungreased baking sheets.

Bake for 9 to 11 minutes or until golden brown. Cool completely on cookie rack.

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4 OZ SWEET CHOCOLATE

3/4 CUP BUTTER
1/4 CUP SUGAR
2 TBS MILK

2 CUPS ALL-PURPOSE FLOUR

1/2 TBS SALT

1/2 TS VANILLA

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Christmas Shortbread(40)

250g butter г C

1 tsp vanilla essence

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2 1/3 cups plain flour
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1. buy rice flour from oriental store.
2. buy regular long grain rice.

3. buy soybean from oriental store

4. buy a highr power blender(not food processor)
4. soak 4 cups of rice for 24 hours
5. soak 1/2 cups of soybean for 24 hours
6. mix soked rice and soybean with some water(try the level of water you like. Too thick paste will burn the motor)
7. blend in liquify setting for 1.5 minutes(may need to do in two batches).
8. use rice flour to adjust the consistency to a thick paste.
9. add minced ginger and green onion; add some salt.
10. find a big spoon or special tool to fry. (hot oil)

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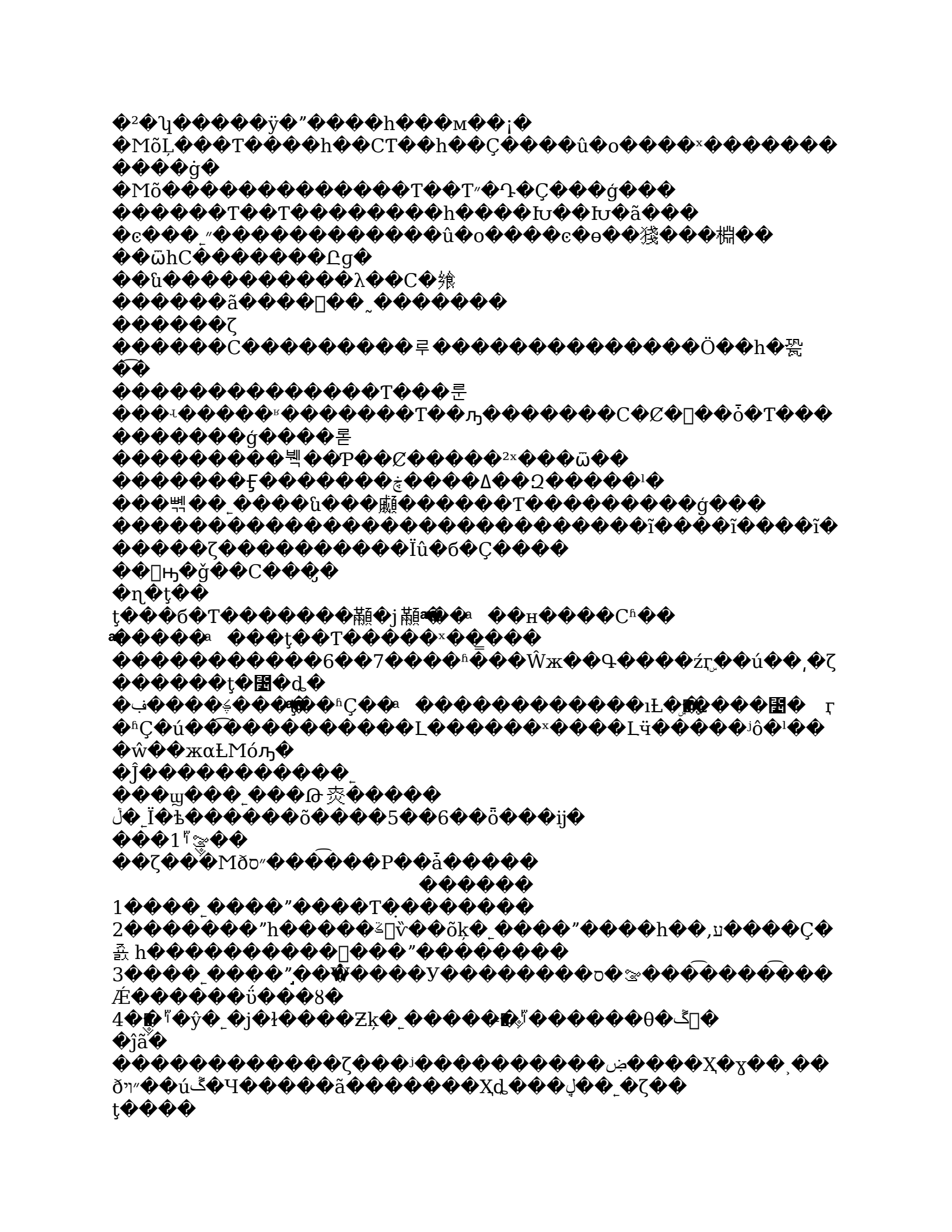

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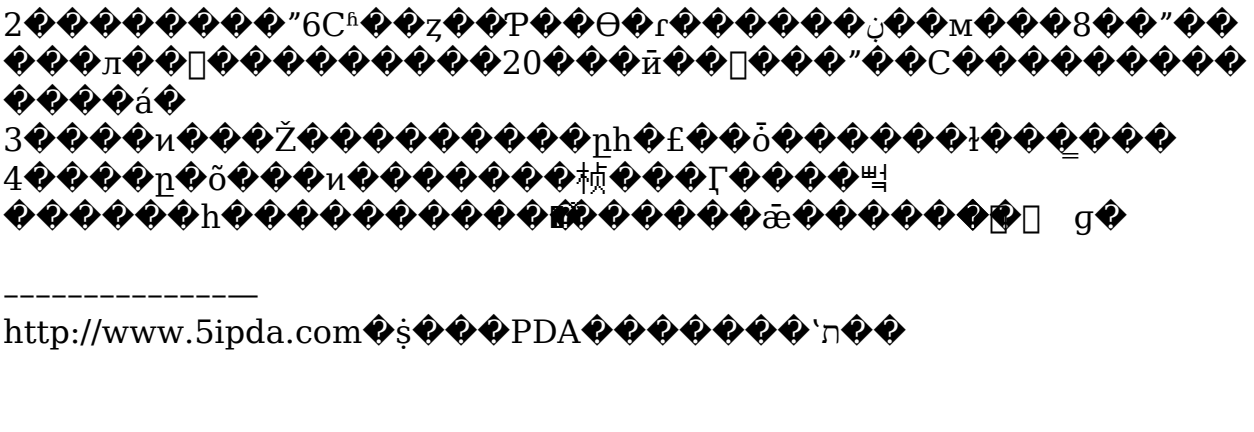

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